

## Claims

1. A cholesterol-lowering agent containing, as an active ingredient, at least one yeast belonging to *Candida*, *Issatchenkia*, *Hanseniaspora*, *Kloeckera*, *Kluyveromyces*, *Pichia*, or *Torulaspora*.

2. A cholesterol-lowering agent containing, as an active ingredient, at least one yeast selected from among *Candida kefir*, *Issatchenkia orientalis*, *Hanseniaspora uvarum*, *Kloeckera africana*, *Kluyveromyces marxianus*, *Kluyveromyces lactis*, *Pichia farinosa*, and *Torulaspora delbrueckii*.

3. A food and drink for reducing cholesterol containing a yeast as recited in claim 1 or 2.

4. A secondary bile acid production inhibitor containing a yeast as an active ingredient.

5. A secondary bile acid production inhibitor according to claim 4, wherein the yeast is at least one species selected from among *Issatchenkia*, *Kluyveromyces*, *Hanseniaspora*, *Saccharomyces*, *Hyphopichia*, *Candida*, *Torulaspora*, *Pichia*, and *Zygosaccharomyces*.

6. A secondary bile acid production inhibitor according to claim 4, wherein the yeast is at least one species selected from among *Issatchenkia orientalis*, *Kluyveromyces marxianus*, *Kluyveromyces lactis*, *Kluyveromyces thermotolerans*, *Hanseniaspora uvarum*, *Saccharomyces cerevisiae*, *Saccharomyces dairensis*, *Saccharomyces exiguus*, *Saccharomyces unisporus*, *Saccharomyces bayanus*, *Hyphopichia burtonii*, *Candida kefir*, *Candida etchellsii*, *Candida zeylanoides*, *Candida solani*,

*Candida maltosa*, *Candida tropicalis*, *Candida cylindracea*,  
*Candida utilis*, *Torulaspora delbrueckii*, *Pichia anomala*,  
*Pichia holstii*, and *Zygosaccharomyces rouxii*.

7. A food and drink for inhibiting secondary bile acid production containing a yeast as recited in any one of claims 4 to 6.

8. Use, in the production of a cholesterol-lowering agent, of at least one yeast belonging to *Candida*, *Issatchenkia*, *Hanseniaspora*, *Kloeckera*, *Kluyveromyces*, *Pichia*, or *Torulaspora*.

9. Use, in the production of a cholesterol-lowering agent, of at least one yeast selected from among *Candida kefyr*, *Issatchenkia orientalis*, *Hanseniaspora uvarum*, *Kloeckera africana*, *Kluyveromyces marxianus*, *Kluyveromyces lactis*, *Pichia farinosa*, and *Torulaspora delbrueckii*.

10. Use of a yeast as recited in claim 1 or 2 in the production of a food and drink for reducing cholesterol.

11. Use of a yeast in the production of a secondary bile acid production inhibitor.

12. Use according to claim 11, wherein the yeast is at least one species selected from among *Issatchenkia*, *Kluyveromyces*, *Hanseniaspora*, *Saccharomyces*, *Hyphopichia*, *Candida*, *Torulaspora*, *Pichia*, and *Zygosaccharomyces*.

13. Use of a yeast in the production of a secondary bile acid production inhibitor according to claim 11, wherein the yeast is at least one species selected from among *Issatchenkia orientalis*, *Kluyveromyces marxianus*,

*Kluyveromyces lactis*, *Kluyveromyces thermotolerans*,  
*Hanseniaspora uvarum*, *Saccharomyces cerevisiae*, *Saccharomyces*  
*daiirensis*, *Saccharomyces exiguus*, *Saccharomyces unisporus*,  
*Saccharomyces bayanus*, *Hyphopichia burtonii*, *Candida kefir*,  
*Candida etchellsii*, *Candida zeylanoides*, *Candida solani*,  
*Candida maltosa*, *Candida tropicalis*, *Candida cylindracea*,  
*Candida utilis*, *Torulaspora delbrueckii*, *Pichia anomala*,  
*Pichia holstii*, *Pachiticospora transverensis*, and  
*Zygosaccharomyces rouxii*.

14. Use, in the production of a food and drink for  
inhibiting secondary bile acid production, of a yeast as  
recited in any one of claims 11 to 13,.

15. A treatment method for reducing cholesterol,  
comprising administration of at least one yeast belonging to  
*Candida*, *Issatchenkia*, *Hanseniaspora*, *Kloeckera*,  
*Kluyveromyces*, *Pichia*, or *Torulaspora*.

16. A treatment method for reducing cholesterol,  
comprising administration of at least one yeast selected from  
among *Candida kefir*, *Issatchenkia orientalis*, *Hanseniaspora*  
*uvarum*, *Kloeckera africana*, *Kluyveromyces marxianus*,  
*Kluyveromyces lactis*, *Pichia farinosa*, and *Torulaspora*  
*delbrueckii*.

17. A treatment method for inhibiting secondary bile  
acid production, comprising administration of a yeast.

18. A method according to claim 17, wherein the yeast  
is at least one species selected from among *Issatchenkia*,  
*Kluyveromyces*, *Hanseniaspora*, *Saccharomyces*, *Hyphopichia*,

*Candida*, *Torulaspora*, *Pichia*, and *Zygosaccharomyces*.

19. A method according to claim 17, wherein the yeast is at least one species selected from among *Issatchenkia orientalis*, *Kluyveromyces marxianus*, *Kluyveromyces lactis*, *Kluyveromyces thermotolerans*, *Hanseniaspora uvarum*, *Saccharomyces cerevisiae*, *Saccharomyces dairensis*, *Saccharomyces exiguus*, *Saccharomyces unisporus*, *Saccharomyces bayanus*, *Hyphopichia burtonii*, *Candida kefyr*, *Candida etchellsii*, *Candida zeylanoides*, *Candida solani*, *Candida maltosa*, *Candida tropicalis*, *Candida cylindracea*, *Candida utilis*, *Torulaspora delbrueckii*, *Pichia anomala*, *Pichia holstii*, *Pachiticospora transverensis*, and *Zygosaccharomyces rouxii*.